



The Leaflett

California Rare Fruit Growers - Central Coast Chapter



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2003..Year of the Orange

The banana is dead; long live the orange. Last year we learned more about the banana than we ever wanted to know...one person's idea of how it came about, who eats it and how many varieties there are. This year this column newsletter will be dedicated to the illustrious orange. We probably already know something about this popular fruit. It's valued for its vitamin C content but oranges have more to offer than this one nutrient. A small orange (about 5 ounces) contains generous levels of folate (folic acid), potassium, thiamin, calcium and magnesium.. Orange trees are semitropical non-deciduous trees and, like other citrus fruits, they probably originated in Southeast Asia. Oranges are the third most popular fruit in the U.S. right behind bananas and apples. Americans consume most of their oranges in the form of juice.

There are two types of oranges, sweet and sour. Only sweet oranges are grown commercially in the United States, and those you are most likely to find include: Hamlin, Jaffa, Navel, Pineapple, Valencia and Blood orange. Oranges are available year round.

Look for more tidbits in this column this year on this tasty fruit.

Recent Happenings

November Meeting San Luis Obispo Botanical Garden

The San Luis Obispo Botanical Garden just off Highway 1 across from Cuesta College is truly a new "Garden in the Making". Howard Brown and the "Friends of San Luis Obispo Botanical Garden" guided us through the garden, amphitheater and greenhouses. Volunteers conduct monthly program tours, lectures, and demonstrations. Plant and garden shop sales takes place during the growing season, April through November. The annual May Garden Festival includes landscape design competitions, food, music, crafts and activities for the entire family.

The garden is funded mostly by private donations. During our visit there, dedicated volunteers passionate about conserving the environment and the plants it produces shared their "Glimpse into the Future" for the garden. This included exploration gardens, and gardens native to California, Chile, South Africa, Australia and the Mediterranean.

Thank you Howard Brown and the many dedicated friends of the garden for an informative and interesting tour.

December Meeting Holiday Party at PG&E Bldg.

As usual our annual December holiday meeting attracted a large number of members and a larger volume of delicious food. Howard Brown, retired Department Head and Professor Emeritus of Ornamental Horticulture at Cal Poly gave a short talk on the "Murray Smith" tomato. According to Howard, this tomato originated as an unnamed seedling purchased in a supermarket in San Francisco by Mr. Smith's mother. Planted, it grew to over 6 feet tall and produced a crop of large, flavorful tomatoes. Dr. Brown has since nurtured, tested and improved the plant, selecting the largest and most perfect tomatoes to produce seed. Plants can be purchased from the Botanical Garden after March 16 and based on the samples Howard brought we found, these tomatoes large and flavorful. Our thanks to Dr. Brown for a most informative talk.

The plant sale was a huge success with over 100 raffle tickets sold and many varieties of plants and trees snapped up by lucky members.

Many thanks to all members who helped with the set up, raffle and clean up. And, lots of thanks to those who spent time preparing their favorite dish.

Upcoming Events

See the attached (or the end of the e-mail newsletter) for a current event list) Dr. Joe will send out details to members with e-mail as meetings get closer. For those still on snail mail, you can contact Dr. Joe at 544-1056.

Business meetings are held at 1:30 p.m. usually the second Saturday of the month. Joe will bring handouts to each meeting detailing future events. Remember to bring chairs and wear appropriate clothing. Refreshment groups are indicated on Joe's event list.

A reminder about the January 11th meeting..come early (12:30) and bring your checkbook. Cal Poly students will have over 500 fruit trees and vines for sale at reasonable prices. We will also have election of officers so come prepared. There will be a pruning demonstration in our orchard by Fred Hunt of Fowler Nurseries and will then we will prune our small orchard.

The February meeting at Joe Sabol's home attracted quite a crowd last year and we expect the same this year. Also, if you are interested in Joe's annual pilgrimage to local high schools to conduct grafting lessons contact him at the number above.

Good-bye Chuck & Laura

After successfully heading up the Central Coast Chapter for more than three years ,our program Chairs Chuck Atlee and Laura

Lopez are stepping down.

From all the members of the Central Coast Chapter, we thank you for a job well done and hope we can find some worthy of filling your shoes.

Join the State

Many of our chapter members are also members of the State association and those who aren't should consider joining.

With state membership you receive a wonderful color magazine filled with all sorts of great articles, news, chapter activities and contacts. Yearly dues are \$25 and applications are available from Joe Sabol.

Announcements

We still need a coffee coordinator...

The chapter still needs a coffee coordinator to bring coffee to the business meetings. The chapter picks up the cost. Volunteer at any meeting.

Newsletter Update...

Have an interesting article to contribute or comments on how to improve chapter communication? Send them to your newsletter editor at slpir@yahoo.com. Newsletter costs are way down this year due to electronic distribution. Please keep membership coordinator Dick Pottratz updated on your current e-mail address. Newsletters are distributed every two months the first

week of the distribution month (i.e. first week in September for September/October issue).

New Orchard Combination..the combination lock on the orchard has been changed. The new combination can be obtained from Joe Sabol at 544-1056.

Dues Due Again...Annual dues are due again. Please mail a check for \$6 or \$25 for 5 years to Dick Pottratz, 2430 Leona, SLO, CA 93401

We haven't received 2003 dues payments from about half the membership. A reminder will be sent in January to those who still owe. So get those checks in so you can continue to be notified of the wonderful chapter activities we have planned for 2003.

Thought for the day...

Not doing more than average is what keeps the average down.

William M. Winans

CRFG



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